



“The National Park Service cares for special places saved by the American people so that all may experience our heritage.”

Cape Cod National Seashore

Guide to Ranger-Led Activities

May 26 through June 30, 2001

SUNDAYS

In Eastham...

WALK: LORE OF NAUSET MARSH - 10:30 A.M., 1½ hours, 1½ miles. Explore the rich natural and human history around Nauset Marsh and learn how each has affected the other throughout time. Meet on the terrace at the Salt Pond Visitor Center. (through June 17th)

NATURALIST'S TREASURE CHEST - 2:30 P.M., 30 minutes. Discover what the naturalist has in the bucket, box or knapsack. A hands on demonstration of, or introduction to, animal or plant life on Cape Cod. Meet at the terrace of the Salt Pond Visitor Center. (through June 17th) ♿

In Truro...

HIKE: HEATHLANDS AND BOGS OF THE PAMET VALLEY - 2 P.M., 2½ hours, 2 - 3 miles. Explore the changing landscape of the valley and experience one of the best views of the Atlantic from atop Bearberry Hill. Meet at the trailhead near the environmental education center at the end of North Pamet Road, off Route 6, Truro. (through June 10th)

In Provincetown...

WALK: EXPLORING THE PROVINCE LANDS DUNES - 9:30 A.M., 1 hour, 1 mile in loose sand. Stroll with a ranger through the dunes below the visitor center. Explore how the area has changed and how plants and animals survive in this environment. Meet at Province Lands Visitor Center. (through June 10th)

FAMILY PROGRAM: RESCUE HEROES OF THE PAST! - 11 A.M., ½ hour. Through song, story or hands-on activity, learn about the important work of the life-savers in rescuing shipwreck victims along Cape Cod's shores. Adults must accompany children. Park at Race Point Beach, and take the boardwalk to Old Harbor Life-Saving Station. (through June 10th) ♿

MONDAYS

MONDAY MORNING HIKING CLUB

8 A.M., 3-4 hours, 3-6 miles. Join a local, veteran park ranger to explore the National Seashore's beauty and variety. Hikes are moderate to strenuous, and feature out-of-the-way destinations. Locations vary weekly, and include Wellfleet, Truro and Provincetown areas. Call Province Lands Visitor Center for details. (through June 11th)

TUESDAYS

No ranger-led nature walks or talks are scheduled for Tuesdays. We recommend dropping in on one of our historic buildings, (see reverse for schedule), exploring one of our self-guiding nature trails, or taking a walk on the beach. Coast Guard, Marconi, and Head of the Meadow beaches are all good places to find dead finger sponges. Coast Guard and Nauset Light Beaches are good places to find quahog shells. Race Point Beach is especially good for surf clam shells. But the beach beside the Great Island Trail might offer the greatest variety of shells within the park.

WEDNESDAYS

In Eastham...

WALK: TIDAL ZONE - 2:30 P.M., 1 hour, 1 mile. Discover plants and animals living at the edge of the sea, and learn about their interesting lives in this zone of fluctuating water. Meet at the terrace of the Salt Pond Visitor Center. (through June 20th)

In Truro...

HIKE: SUNSET AND SUPPER IN THE PAMET VALLEY - 5 P.M., 2½ hours, 2-3 miles. Experience the changing landscape of the valley and great views of the Atlantic from atop Bearberry Hill. Bring a picnic supper that is easy to carry and eat. Meet at the trailhead near the environmental education center at the end of North Pamet Road, off Route 6, Truro. Rain or imminent electrical storm will cancel. (through June 13th)

THURSDAYS

In Wellfleet...

WALK: PLANTS OF FIELD AND FOREST - 2:30 P.M., 1½ hours, 1½ miles. Explore two rare plant communities: heathlands and cedar swamps, and discover the interesting adaptations plants have for surviving the extremes of sandy soils and swamps. Meet at the overlook at Marconi Site, off Route 6. (through June 21st)

CANOE LESSONS ON GULL POND - 5:30 P.M., 2 hours. Get ready for summer fun by learning how to handle a canoe. We provide all the equipment, you must feel comfortable in the water. Lessons are free and participation is limited. Call Province Lands Visitor Center to register. Rain or imminent electrical storm will cancel. (June 7th and 14th only)

In Provincetown...

WALK: EXPLORING THE PROVINCE LANDS DUNES - 3 P.M., 1 hour, 1 mile in loose sand. Stroll with a ranger through the dunes below the visitor center. Explore how the area has changed and how plants and animals survive in this environment. Meet at Province Lands Visitor Center. (through June 14th)

SPECIAL PROGRAM AND RESERVATION POLICY

❖ To make reservations for Nauset Marsh canoe program call Salt Pond Visitor Center. For the Gull Pond canoe program, call Province Lands Visitor Center. ❖ Basic canoe experience is required for the Nauset Marsh trip. ❖ Nauset Marsh canoe program costs \$15 per adult, \$9 per child 16 and under. ❖ Minimum age for canoe programs is 6. ❖ All equipment is provided. ❖ You may have to wade and assist with moving equipment on canoe programs. Wear shoes that can get wet. ❖ Canoe programs require advance registration. Tickets are non-refundable, available in advance, and must be purchased either in person at visitor centers, or by phone with a credit card, prior to 4:30pm daily.

❖ Appropriate footwear, hats, sunscreen, insect repellent, water and long pants (except for canoe trips) are recommended for walks, hikes and canoe trips. Wind breakers are recommended for beach walks. ❖ Some program locations do not have restrooms. ❖ Be cautious. Ticks and poison ivy are prevalent.

❖ Reservations for Penniman House tour and other special programs as noted may be made either in person or by phone to Salt Pond or Province Lands Visitor Center. ❖ Directions to meeting locations may be obtained at the visitor centers.

Salt Pond Visitor Center
Route 6, Eastham
(508) 255 - 3421

Province Lands Visitor Center
Race Point Road, Provincetown
(508) 487 - 1256

Both visitor center are open 9 - 5pm daily. ❖ Website address: www.nps.gov/caco

		“HISTORY HERE”	
FRIDAYS		SATURDAYS	
In Eastham...		HIKE OF THE WEEK – 1:30 P.M., up to 3 hours. Join a local, veteran park ranger to explore the National Seashore's beauty and variety. Hikes are moderate to strenuous, and feature out-of-the-way destinations in Wellfleet, Eastham and Orleans. Locations vary weekly and may include: Freshbrook Village, Great Island, Paradise Valley, and the Wellfleet Ponds Area. Call the Salt Pond Visitor Center for details. (through June 23rd)	
WALK: AT THE EDGE OF THE SEA - 10 A.M., 1 hour, 1 mile. Explore the tidal zones and coastal dunes between Nauset Marsh and the Atlantic Ocean, and discover the fragile balance between life and death along the seashore. Meet at Coast Guard Beach parking area. (through June 22nd)		In Eastham...	
WALK: OVER 350 YEARS OF EASTHAM HISTORY– 2:30 P.M., 1½ hours, 1½ miles. This 350th anniversary walk will explore the rich human history surrounding Nauset Marsh and the Fort Hill area, from the earliest records of Native Americans, to the beginning of the 20th century. Meet at Hemenway town landing, one road north of Fort Hill off Route 6. (through June 22nd)		CANOE NAUSET MARSH - 10 A.M., 2 hours, 2-3 miles. Paddle through a scenic marsh in search of marine life and stunning views. Tides vary - some trips require wading. Basic experience required. See Special Program and Reservation Policy on reverse. \$ (through June 23rd)	
In Provincetown...		WALK: FISH, SNAILS, AND HORSE-SHOE CRAB TALES - 2:30 P.M., up to 1½ hours, ½ - 1 mile. Learn all about the animal life found underwater in a salt marsh, through the use of seine and dip nets. Wading is encouraged and shoes that can get wet are required. Meet at the terrace of the Salt Pond Visitor Center. (through June 23rd)	
SLIDE PRESENTATION: THE BEAUTY OF STELLWAGEN BANK – 1:30 P.M., ¾ hour. Stellwagen Bank National Marine Sanctuary, north of Race Point, teems with life. This program will introduce you to marine life that benefits from this underwater preserve. Province Lands Visitor Center Auditorium. (through June 15th) ♿		In Truro...	
Salt Pond Visitor Center Route 6, Eastham (508) 255 - 3421		WALK: FROM THE AIR FORCE TO THE ARTS AND ENVIRONMENT - 2 P.M., 1½ hours, ¾ mile. Explore aspects of the former North Truro Air Force Station and the exciting plans for its future. Take Route 6 to Cape Cod (Highland) Light exit in Truro. Travel past the turn to the lighthouse, and turn left onto Old Dewline Road. Meet at the parking area outside the entrance station. (through June 10th)	
Province Lands Visitor Center Race Point Road Provincetown (508) 487 - 1256		In Provincetown...	
		WALK: EXPLORING THE PROVINCE LANDS DUNES - 9:30 A.M., 1 hour, 1 mile in loose sand. Stroll with a ranger through the dunes below the visitor center. Explore how the area has changed and how plants and animals survive in this environment. Meet at Province Lands Visitor Center. (through June 16th)	
		FAMILY PROGRAM: ANIMAL ADAPTATIONS -11 A.M., ½ hour. Meet a ranger at the Province Lands outdoor amphitheater for a fun and interactive program about animals. (through June 16th) ♿	
		HISTORIC BUILDING PROGRAMS	
		CAPTAIN EDWARD PENNIMAN HOUSE: OPEN HOUSE: Tuesday through Friday, 1 - 4 P.M. TOUR: Monday and Saturday, 10 A.M., one hour, BY RESERVATION ONLY. Explore the interior of this historic home and learn about this whaling captain and his well-traveled family. Call the Salt Pond Visitor Center.	
		LIGHTHOUSE TOUR of the THREE SISTERS - Sunday and Tuesday, 3 P.M., 1 hour, ½ mile. These 19th-century lighthouses once provided a beacon for sailors off the shore of Nauset Light Beach. Come and learn of their history and importance. Meet at Nauset Light Beach parking area in Eastham. ♿	
		ATWOOD-HIGGINS HOUSE - OPEN HOUSE: Thursday, 1- 4 P.M. TOUR: Wednesday, 1 P.M., one hour, BY RESERVATION ONLY. A unique opportunity to visit the interior and grounds of this authentic 18th-century full-cape house. Take Route 6 north to Pamet Point Rd in Wellfleet, follow signs. Call the Salt Pond Visitor Center. ♿	
		OLD HARBOR LIFE-SAVING STATION OPEN HOUSE - 2 - 3:30 P.M. Visit this 1800s life-saving station and learn about the Cape's dramatic shipwreck history and valiant rescues. Park at Race Point Beach, Provincetown, and take the boardwalk to Old Harbor. (Saturdays June 2nd - 16th, Sundays through June 10th, and Monday May 28th) ♿	
		“JOHN MUIR MAKES RARE EAST COAST APPEARANCE”	
		Professional Actor Lee Stetson brings his world-renowned John Muir presentation from Yosemite National Park for two performances at the Salt Pond Visitor Center to help celebrate the 40th anniversary of Cape Cod National Seashore.	
		Saturday, June 9th at 7P.M., Sunday, June 10th at 2P.M. Tickets: \$10 adults, \$5 children 12 and under. Peformances are one hour each. Call Salt Pond Visitor Center for ticket information.	
		“HENRY DAVID THOREAU RETURNS”	
		Get a taste for Cape Cod at the middle of the 19th century by joining Thoreau (a.k.a. David Barto) for any one of the following free programs:	
		Children's Story Time With Thoreau – 1 hour. This fun program may include Henry's story about <i>The Bird Call Contest of Concord</i> , a game from the 1800s or building a bird nest. Meet at the Salt Pond Visitor Center Terrace. ♿ <i>Sunday, June 24th, noon.</i>	
		Inspirational Thoreau Walk - 1 hour, 1 mile. What did Henry Thoreau say to a student who asked him if there is a God? Find out about the famous Cape Cod camp meetings. Meet at Hemenway town landing (1 road north of the blinking light at Fort Hill off Route 6). Notice: Cancelled in stormy weather. First 20 minutes of program are ♿. <i>Sunday, June 24th, 5 P.M.</i>	
		Sunset Thoreau Beach Walk - 1 hour, 1 mile. Walk from the coastal forest to the Atlantic Ocean. Hear Thoreau's 1800s account of famous Doane Rock and other sights. Meet at Doane Rock in the Doane Picnic Area, Eastham. First 20 minutes are ♿. <i>Thursday, June 28th, 5 P.M.</i>	
		Morning Marsh Walk with Thoreau – 1½ hours, 1 mile. Walk with the writer while enjoying humorous and descriptive excerpts from his book. Meet at the Salt Pond Visitor Center lobby. First 20 minutes are ♿. <i>Thursday, June 28th and Saturday, June 30th, 10 A.M.</i>	
		Sunrise Thoreau Beach Walk - 1 hour, 1 mile – Join Thoreau for his most dramatic moment at Cape Cod. Walk with him on the beach and relive the whale hunt he watched. Hear his flute against the backdrop of the crashing surf. Meet at Nauset Light parking area. Notice: Cancelled in stormy weather. <i>Friday, June 29th, 6 A.M.</i>	
		Concord Adventures – 1 hour. Enjoy Henry's humorous stories from his native Concord including <i>Big Stink in the Lincoln Woods</i> and <i>The Mud Monster of Owl's Nest Swamp</i> . Meet at the Salt Pond Visitor Center Terrace. ♿ <i>Friday, June 29th, noon.</i>	
		Cape Cod Adventures - 1 hour. Thoreau humorously recounts his meeting with the Wellfleet Oysterman and his family and shares strange 1800s Cape Cod practices and sea monster sightings. Meet at the Salt Pond Visitor Center Amphitheater. ♿ <i>Saturday, June 30th, 5 P.M.</i>	